



FITNESS SCHEDULE - JULY 2010

YOGA, AQUAGYM, ABDO-PILATES, BELLY DANCE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:30	T'aichi - 60' (Mr. Tim)	T'aichi - 60' (Mr. Tim)	Qi Gong - 60' (Mr. Tim)	T'aichi - 60' (Mr. Tim)	Qi Gong - 60' (Mr. Tim)		
9:35 - 11:05	Vinyasa Flow - 90' (Mr. Binh)	Sivananda Yoga - 90' (Ms. Tram)	Vinyasa Flow - 90' (Ms. Daphne)	Sivananda Yoga - 90' (Ms. Tram)	Vinyasa Flow - 90' (Ms. Daphne)		
10:30 - 12:00							Asthanga - 90' (Dr. Shiva)
12:00 - 13:00		Asthanga - 60' (Dr. Shiva)			Hatha Yoga - 60' (Mr. Shiva)	Asthanga - 60' (Dr. Shiva)	
13:15 - 14:45						Tropical Hatha - 90' (Mr. Paul)	
15:00 - 16:00		Dynamic Yoga - 60' (Dr. Shiva)		Dynamic Yoga - 60' (Dr. Shiva)		Abdo-pilates - 60' (Ms. An)	Dynamic Yoga - 60' (Dr. Shiva)
16:00 - 17:30	Tropical Hatha - 90' (Mr. Paul)		Tropical Hatha - 90' (Mr. Paul)		Power Yoga Beginner 90' - (Mr. Paul)		
16:30 - 17:30		Abdo-pilates - 60' (Ms. An)		Abdo-pilates - 60' (Ms. An)			
17:45 - 18:45	Abdo-pilates - 60' (Ms. An)		Abdo-pilates - 60' (Ms. An)		Abdo-pilates - 60' (Ms. An)		
19:00 - 20:30	Power Yoga Beginner 90' - (Mr. Paul)	Sivananda Yoga - 90' (Ms. Tram)	Power Yoga Beginner 90' - (Mr. Paul)	Sivananda Yoga - 90' (Ms. Tram)	Power Yoga Beginner 90' - (Mr. Paul)		

- + Due to unforeseen circumstances, the company is entitled to change fitness schedule without prior notice.
- + Private coaching by appointment only.
- + Outdoor activities might be cancelled subjected to weather conditions.

L'Apothiquaire Spa & Retreat

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